

Kids Yoga



Tuesday Nights

May 2nd - May 23rd

@North Brunswick Senior Center
(15 Linwood Place)

Fee: \$30/ Child

Ages 4-8 🌸 5:00pm - 5:30pm

Ages 9 –12 🌸 5:30pm - 6:15pm

Each class is age group appropriate and is quite different from a typical adult yoga class. Children are free to be exactly who they are. Through the use of fun poses, music and yoga stories we include basic stretching exercises that promote strength, flexibility, coordination and body awareness. Breathing and visualization techniques and games to teach kids how to focus, relax and develop self-control.

We encourage all participants to bring a Yoga Mat with them we only have a limited number of mats to lend out.

North Brunswick Department of Parks, Recreation & Community
Services